

# Resilience and Recovery for OPH

As we continue to cope with the life changes caused by **Hurricane Katrina** and **Hurricane Rita**, we may notice that we still feel **anxious, depressed, or nervous**.

We may still have **feelings** that have never been resolved.

We may have **questions** that have never been answered.

We may have had **loved ones** who are no longer here.

Over the past year, we have had a chance to take care of our homes, our jobs, and our families, but what about mental health?

**Now is the time to address those unresolved emotions.**

**Now is the time to reconnect with yourself.**



FAMILY SERVICE  
OF GREATER NEW ORLEANS



Thanks to a grant from the Centers for Disease Control and Prevention Foundation, Family Service of Greater New Orleans will be able to provide training and counseling for those who need education and support during these times of recovery.

Now is the time to reconnect with yourself; **emotionally, spiritually, and mentally.**

The services are *free* and *confidential* to all OPH employees.

**Call Dave Haynik at 504-827-4015 or 504-872-2543 for Information, or email to [dhaynik@fsgno.org](mailto:dhaynik@fsgno.org).**